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Celebrity Buzz

No love from ex-nanny for TV mom
pg 18

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Transit parking may drop to $1

AMY GREGSON
for Metro Calgary

After Nicole Boisjoli finishes school for the day at Bow Valley College, she takes the train back to her car parked at the Franklin LRT Station.

Since the implementation of the park-and-ride fee, Boisjoli has started parking for free at a nearby church.

"It is ridiculous that the city charges you to park and take the train when they are trying to encourage you to be eco-friendly and transit ridership," said Boisjoli.

Boisjoli said she sees fewer riders on the train and fewer cars in the parking lot.

"Usually when I come after school this whole lot is full," Boisjoli said, looking onto a half-filled parking lot.

On Monday, a motion at city council by Ald. Jim Stevenson and Ald. Joe Connolly will attempt to reduce the park-and-ride fee from $3 to $1

"We have all kinds of people telling us that there are all kinds of spots available at these lots," said Stevenson.

Stevenson said that the $3 parking fee was implemented when the economy was better.

"It is ridiculous that the city charges you to park and take the train when they are trying to encourage you to be eco-friendly and transit ridership."
Nicole Boisjoli, student

Ron Collins, communications co-ordinator for Calgary Transit, would not comment on the proposed motion. Collins said that at first people were driving to free lots, but he said that was changing now, despite what others are saying.

"Now that the program has expanded and is virtually in all of the lots, there's been more of an acceptance and we are starting to see them filling up to a larger degree."

Collins said that ridership on Calgary Transit is up in the first four months of 2009.

From January to April 2009, Calgary Transit saw 31,894,100 riders up from 30,881,500 from the same time in 2008.

World pg 6

Report cites past abuse in Irish schools

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Calgary and Canada. This is also a Call to Action for you to send us your suggestions at calgaryletters@metronews.ca, metronews.ca or on Twitter @metrocalgary.

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- **Share your thoughts on Twitter using #sunnyside**
- **See what other Metro readers are doing and saying about SunnySide**
- **Enter for a chance to win a Sony Blu-ray player**

Today
- **Cops, high schoolers band together to clean up Pineridge, pg 3**
- **Andrea Woo on relationships, pg 7**
- **Inflation rate drops, pg 8**

ShareYourViews
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RICK MADONIK/TORSTAR NEWS SERVICE

Michael Thomas Rafferty, 28, one of two people charged with the disappearance of Victoria Stafford, is led away from the courthouse yesterday in Woodstock, Ont.

Murder, abduction charges laid in Stafford case

CRIME While a murder charge was being laid in her hometown of Woodstock, Ont., the search for Tori Stafford's remains moved yesterday to an area north of nearby Guelph.

"The most important mission we have yet to accomplish is to reunite Victoria with her loved ones," Oxford Community Police Service Chief Ron Fraser told a news conference.

On Tuesday, Michael Thomas C.S. Rafferty, 28, and Terri-Lynne McClintic, 18, of Woodstock, were arrested and appeared in court yesterday.

Rafferty was charged with first-degree murder and kidnapping, while McClintic was charged with kidnapping and accessory after the fact.

According to court documents, Tori was killed in Woodstock "on or about" April 8, the day she was last seen in public.

TORSTAR NEWS SERVICE

Stelmach taking over for MLA Stevens until byelection

POLITICS A byelection for former MLA Ron Stevens' vacant Calgary Glenmore seat will take place in late summer or early fall, the premier's southern Alberta office said yesterday.

Stelmach

In the meantime it was also confirmed by Metro that Premier Ed Stelmach will take over Stevens' MLA responsibilities.

David Heyman, spokesperson for the premier's southern Alberta office, said Stelmach will take over Stevens' duties at least until session is over next month, but added there may be changes after that.

"There's a heavy legislative agenda and the premier wants to stay focused on that," Heyman said.

Former deputy premier and MLA Stevens was appointed a justice of the Court of Queen's Bench.

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- St. Albert Centre
- St. Albert Trail at 137 Ave.
- West Edmonton Mall
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Get fit for free

Calgarians can get fit for free in the Active Living Challenge Day today. From 7 a.m. to 7 p.m. at the U of C Faculty of Kinesiology Dance Studio, Calgarians can take part in fitness classes free of charge. METRO CALGARY

Local

Join the Cult

School sports team, church groups, and charity organizations. How about make The Cult the next group you join in Calgary? It was just announced that on Aug. 29 The Cult will be performing their 1985 album, Love, in its entirety right here in Calgary at Flames Central. Ticket sale to be announced. METRO CALGARY

Calgary Zoo adds curator to its pack

ANIMALS The Calgary Zoo announced the addition of Tim Sinclair-Smith as Curator, Eurasia and Behavioral Husbandry.

Tim Sinclair-Smith

Sinclair Smith will oversee the Eurasia and South American exhibit management and direct the zoo's animal enrichment and training programs. Sinclair-Smith has more than 20 years experience working with wild animals, and his father was a zookeeper and his mother was a marine mammal trainer.

Calgary tops list of most prosperous

RANKING Calgary ranks first in economic prosperity among 22 world cities, says a Conference Board of Canada report commission by Calgary Economic Development.

The city ranked highest, with Dallas, Edmonton, and Madrid in the report, A Global Scorecard on Prosperity. METRO CALGARY

News in brief

NAMING Students at the Senator Patrick Burns School will get an education in their school's namesake today, as students researching the recently-named "Alberta's Greatest Citizen" will present their research at 11:30 a.m. on the life and legacy of the rancher, businessman and philanthropist. METRO CALGARY

High school helping hands

SunnySide

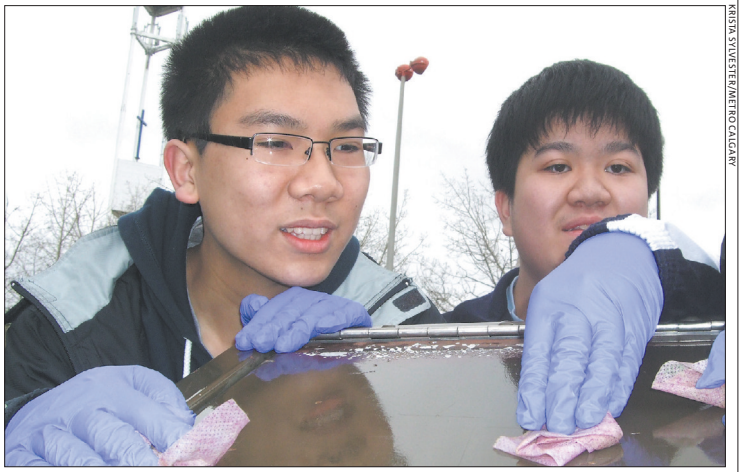
KRISTA SYLVESTER
krista.sylvester@metronews.ca

Garbage bags, rubber gloves and rags were the only tools these high school students needed yesterday as they took a break from class to clean up their northeast community.

Over 65 students from Lester B. Pearson High School joined forces with Calgary police District 5 officers in an effort to clean up the neighbouring community of Pineridge and the Village Square Leisure Centre.

"It really comes down to the broken window theory. If you fix something when it's small, it's less likely to get worse," Const. Sean Lynn explained.

"If you pick up garbage in an area, it's less likely there will be crime there."



KRISTA SYLVESTER/METRO CALGARY

Fred Sen, left, and Henry Chiu join helping hands in getting a little graffiti off of a northeast garbage disposal bin. The Lester B. Pearson students joined Calgary police in a community clean-up yesterday near their school.

Lynn said the initiative was meant to help clean up the community but in doing so would help foster community values.

"It's a positive way to bring the community together, the students, the neighbours, just the entire community and it also gives the students a sense of responsibility for their community, too," Lynn added.

Hats starting to pile in Calgary-Glenmore ring

KRISTA SYLVESTER
krista.sylvester@metronews.ca

POLITICS Let the nomination process begin.

David Heyman, spokesperson for the Alberta premier's office, told Metro yesterday a byelection in Calgary-Glenmore could happen either in late summer or early fall. While Premier Ed Stelmach hasn't officially made the announcement, parties are readying for the opening left in former MLA Ron Stevens' riding.

Diane Colley-Urquhart

Jim Campbell, executive director for the PC Association of Alberta said the party is gearing up for the nomination process.

"I just have to make sure they follow the rules but they announce to me when they are done with the nomination process," Campbell said. "Once a nomination is open they have four weeks until close."

Campbell said the party will announce the nominee process through advertising in the next few days or weeks.

The Alberta Liberal party also has people seeking nominations already, according to party president Tony Sansotta, though he won't confirm how many.

"We want to make sure they are in line with our Liberal values and have a standing in the community to win the riding," he said.

Calgary alderman Diane Colley-Urquhart has told city media she will throw her hat into the ring for the PC nomination.

GM dealership cuts don't faze locals

INDUSTRY Some area GM dealerships were on pins and needles following a corporate announcement, said one area GM dealership manager.

GM announced yesterday that they are cutting 34 per cent of their Canadian dealerships, as Federal and Ontario governments requested that it accelerate its restructuring.

"It's no secret that North American manufacturers have an advantage and are more profitable on trucks then cars," said Marc Rachiele, general manager of Keith Pontiac Buick GMC Ltd. in Okotoks. "I would guess that there would be far fewer dealers that will disappear in Alberta, than in more densely dealered areas that depend on passenger cars."

245 of 709 Canadian dealers will be shutting doors, according to reports. JOEL MESSNER FOR METRO CALGARY

metronews.ca
WHAT'S ONLINE TODAY

Video Local dealers that dodged the axe breathe a sigh of relief at **metronews.ca/local**

Video Michael Ignatieff fires back at Conservative attack ads at **metronews.ca /canada**

Lotteries

Lotto 6/49: 4, 22, 26, 29, 39 & 48. Bonus 31
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City offers day camps for the summer

The City of Calgary is offering a variety of day camps about discovery and learning this summer for different ages including sports, crafts, science, nature and much more. For more information call 3-1-1 or visit Calgary.ca/recreation. METRO CALGARY

City aims to reduce bag use

SIOBHAN O'BEIRNE
for Metro Calgary

Calgarians and their consumer habits are starting to look greener and greener with each passing day.

The City of Calgary followed suit yesterday, as the Utilities and Environment committee agreed to carry two administration recommendations forward to council, and will be debated May 25, according to Ald. John Mar, who requested the initial administration report.

One of the recommendations calls for the city to work alongside retail industries to produce a voluntary-based reduction in the distribution of plastic shopping bags.

The second recommendation is to contribute to communication campaigns with consumers developed by retail and industry groups.

Mar said he's pleased with the planned 50 per cent reduction over a five-year period and that it's being conducted on a voluntary level.

"It's largely going to be done on a retail level through their own partnership (with consumers) and it is not mandated by the City of Calgary," said Mar.

He added that, "although never say never," it's not likely Calgary will follow in the footsteps of other cities with a tax or ban on plastic bags.

ROBIN KUNISKY/FOR METRO CALGARY

Calgary is looking for ways to encourage consumers to cut the use of plastic shopping bags by 50 per cent over five years.

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City cops warn of phone scam

THREATS Calgary police are warning of a new telephone scam in the city in which people are threatened harm from a Mandarin-speaking man if they do not wire money to an account in China. Police say the calls are unsubstantiated.

At least four local business owners received the calls through an untraceable phone number but police say no one from Calgary has sent money.

METRO CALGARY

$3.2M given for biotech research

SCIENCE Two U of C scientists are receiving $3.2 million from the Alberta government to pursue their research in biotechnology.

Peter Facchini is receiving $1.2 million for his research involving opium poppies and their relation to pain relievers, while Gerrit Voordouw is receiving $2 million for his research involving ways to decrease water use and land loss during mining.

METRO CALGARY

Pawlowski trial gets underway

CHURCH A six-day trial is underway for Artur Pawlowski, the leader of Calgary Street Church. About 30 people gathered on the steps of the Calgary Courts Centre yesterday to show support for Pawlowski, who was charged in February after complaints were made about a street church gathering.

METRO NEWS SERVICES

Cuba confirms flu in Canadian boy
A 14-month-old Canadian boy has become Cuba's fourth confirmed case of influenza A (H1N1), also known as swine flu, the Cuban government said yesterday. REUTERS

Canada

Agency narrows focus on foreign aid

Funding to concentrate on food security and youth

The Canadian International Development Agency unveiled a new strategy for humanitarian assistance yesterday that involves trying to do more for the world by doing a little less.

"Being too diffused and thinly spread out without the needed critical mass, our money had little impact," International Cooperation Minister Bev Oda said in a speech at the Munk Centre for International Studies.

CIDA will now focus its multilateral program funding — which accounts for about 47 per cent of its annual aid budget — on three core themes: Food security, economic growth and the future of children and youth.

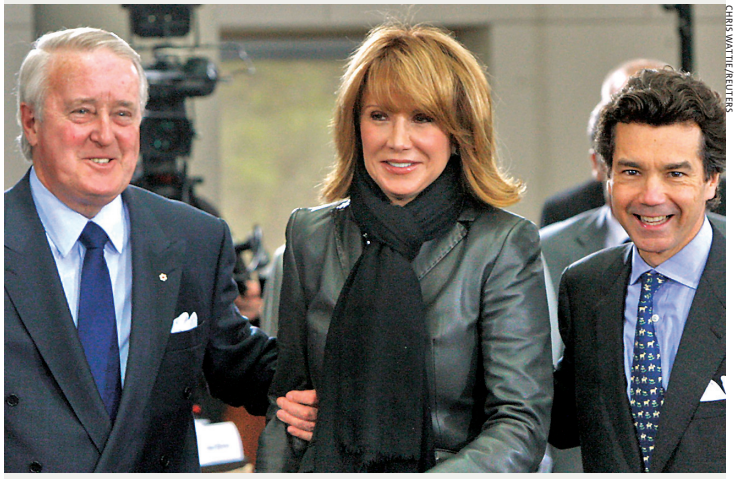
The agency spent $2.8 billion on development aid in the 2005-06 fiscal year, which accounted for 78 per cent of what Ottawa spent on international aid that year.

TORSTAR NEWS SERVICE

Previously

- CIDA already announced in February it would now send 80 per cent of its bilateral funding — which makes up the remaining 53 per cent of its budget — to a list of 20 countries and regions. The countries that made the list highlight how the Conservative government has shifted its foreign policy focus to the Americas.

Ottawa **Day 6 for Mulroney**



CHRIS WATTIE/REUTERS

Former prime minister Brian Mulroney, left, leaves with his wife, Mila, and his lawyer Guy Pratte following his sixth day of testimony at the Oliphant Commission in Ottawa yesterday. Canadian taxpayers could pay as much as $2 million to cover Mulroney's legal fees during the inquiry.

News in brief

OLYMPICS Organizers of the 2010 Winter Olympics in Vancouver are taking the mellow approach to suggestions their planned Olympic torch looks like a marijuana cigarette. "We're not worried about it at all," Dave Cobb, the executive vice-president of the Vancouver Organizing Committee (VANOC) told reporters.

TRADE Canada fears that U.S. "Buy American" policies are spreading and will harm trade and the economies on both sides of the border, Canadian Industry Minister Tony Clement, said yesterday.

REUTERS

Unwashed fabric bags risky: Plastics industry

BAGS The plastics industry is warning consumers that reusable fabric grocery bags can create a health risk because they can become contaminated with fungus and bacteria if not properly washed.

As the green movement against disposable plastics gains momentum, the Canadian Plastics Industry Association warns that it had 24 reusable bags tested at two laboratories and in many of them found mold, yeast and bacteria, including intestinal fecal bacteria.

"We were very surprised by these results," said spokesperson Cathy Cirko. "We have health and safety concerns."

Cirko said fecal bacteria in the bags came from using them to carry diapers and gym shoes. The bags, were taken from shoppers in exchange for new reusable bags.

TORSTAR NEWS SERVICE

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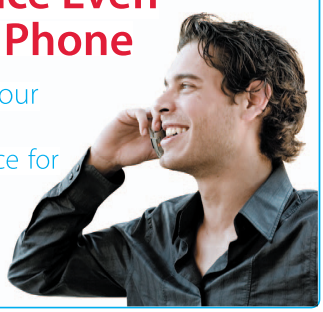

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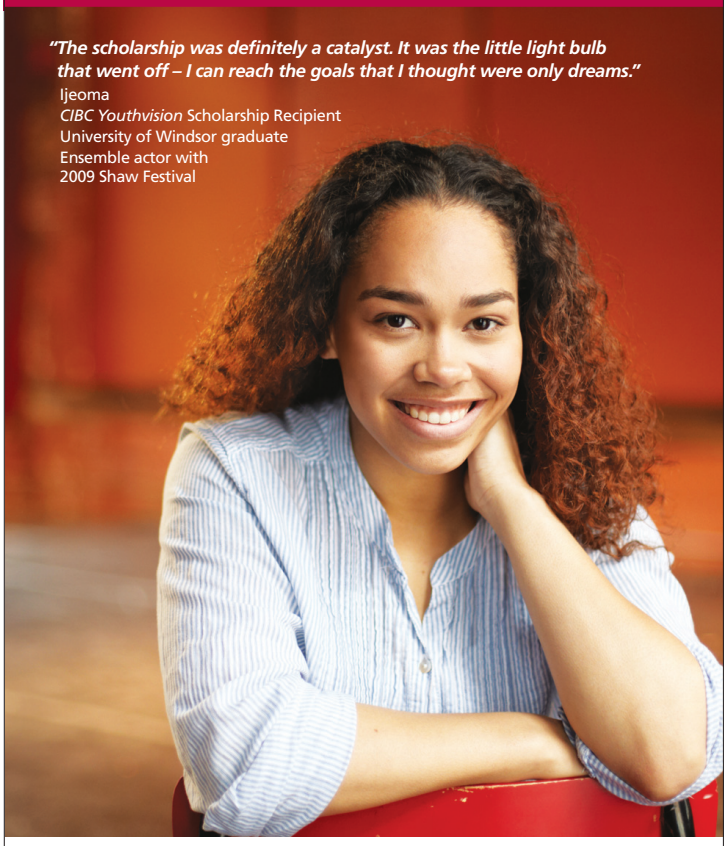

Ten years ago, CIBC, in partnership with Big Brothers Big Sisters of Canada and the YMCA created the *CIBC Youthvision*™ Scholarship Program to address the academic and financial needs of students and to encourage them to pursue post-secondary education.

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CIBC Youthvision recipients are also paired with trusted, understanding mentors throughout the entire program, who provide support and guidance as they strive to reach their full potential. Recipients surveyed tell us that being awarded the scholarship opened up opportunities that otherwise would not have been available.

To date, we have invested $10 million in the dreams of 330 *CIBC Youthvision* Scholarship recipients and helped shape their futures in ways that they could have only imagined.

Beyond the *CIBC Youthvision* Scholarship Program, over the past five years, CIBC has invested more than $15 million to further strengthen post-secondary education in Canada.

For more information, visit www.cibc.com/youthvision

Congratulations to the recipients of the 2009 *CIBC Youthvision* Scholarship.

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6

Mars may once have been wet

Mars may have once been both cold and wet, researchers said yesterday, suggesting a freezing Martian landscape could still have produced water needed to sustain life. REUTERS

World

Priests abused children in Ireland, says report

Priests beat and raped children during decades of abuse in Catholic-run institutions in Ireland, a report said yesterday.

The Commission to Inquire into Child Abuse, established by the government in 2000, blasted successive generations of priests, nuns and brothers for beating, starving and, in some cases, raping children in Ireland's network of industrial and reformatory schools between the 1930s and 1990s.

"A climate of fear, created by pervasive, excessive and arbitrary punishment, permeated most of the institutions and all those run for boys," the report said.

"Children lived with the daily terror of not knowing where the next beating was coming from."

"Children lived with the daily terror of not knowing where the next beating was coming from."
Excerpt from Irish commission's report

The five-volume report, published after a nine-year investigation into institutions now closed down, also slammed the Irish Department of Education for its deferential attitude to the religious orders and its failure to stop the abuse.

The commission interviewed 1,090 men and women who were housed in 216 institutions, including children's homes, hospitals and schools.

Tom Sweeney, who spent five years at industrial schools, including two years at one where the report said sexual abuse was a "chronic problem," said the Artane Industrial School continued to haunt its former residents.

"Anybody that came into Artane did not come out a happy person, and unfortunately there are a lot of people that have committed suicide, there are a lot of people that have ended up in hospitals and they have been forgotten about."

REUTERS

Attacks threatening girls' education

AFGHANISTAN After years of progress, girls' education in Afghanistan has been set back by recent attacks on schools that have frightened parents into keeping their daughters at home, a UN official said yesterday.

Daniel Toole, South Asia director for UNICEF, said families are becoming fearful about educating their daughters as the Taliban insurgency gathers strength.

"What we are starting to see is that families are indeed afraid to send their girls to school," he said, little more than a week after two gas attacks at schools north of Kabul put nearly 150 students in hospital.

Girls' education was probably worse now than a year ago, Toole said, reversing a trend of improvements over the last few years.

"In general, the situation is so much better than three or four years ago, that we have to recognize that," he said, adding that around 1.7 million girls were enrolled at school.

The Taliban banned girls' education when in power from 1996-2001, and in recent years militants linked to the hardline Islamists have destroyed schools and attacked students.

UNICEF now asks communities to contribute money or labour to school construction, which cuts costs and encourages parents to protect the building.

REUTERS

Need for learning

- At present, only 18 per cent of Afghan women can read and write, putting even basic tasks like shopping out of the reach of some because they cannot tell banknotes apart.

News in brief

FLU Mexico City's mayor wants to deploy pop stars Bono and Shakira to help put the Mexican capital back on the map as a tourist destination after the outbreak of influenza A (H1N1), also known as swine flu, scared away visitors. Marcelo Ebrard said he has written to the U2 frontman, the Colombian singer and billionaire philanthropist Bill Gates to ask them to endorse a publicity campaign to restore the city's image. The epidemic emptied Mexico City's normally chaotic streets for days on end, and the city is still haunted by images of face masks and shuttered bars and restaurants.

PLOT Four men were arrested yesterday in a suspected plot to bomb a synagogue and Jewish community centre in New York and to shoot at military planes with stinger missiles, U.S. officials said.

TALIBAN Pakistani soldiers have captured a main Taliban stronghold in a district 100 kilometres from Islamabad in heavy fighting in which 80 militants were killed, the military said yesterday. Fighting in the Swat valley and the neighbouring districts of Buner and Dir has forced about 1.5 million people from their homes in addition to about 550,000 people displaced from their homes earlier.

MISSILE Iran has successfully launched a missile with a range of 2,000 to 3,000 kilometres and a configuration that appears consistent with its Ashura models, a U.S. defence official said yesterday. But the official, who spoke on condition of anonymity, said the Pentagon had yet to analyze technical data that would provide clues to the missile's flight trajectory and target.

IRAQ A parked car bomb ripped through a poor Shi'ite area of northwest Baghdad yesterday, killing 35 people and wounding 72 others near a popular restaurant, police said.

REUTERS

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Comment & Views

Comment

Savour the little things

Relating

Andrea Woo

metronews.ca/woo

On the web

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SunnySide

May long weekend on Vancouver's English Bay Beach: The temperature has finally clawed its way into the 20s and the booming bass from a passing party boat is travelling across the water toward the shore, where Vancouverites have crawled cautiously out of their home and office confines to soak up the long-anticipated sun.

Watching couples intertwined on the grass or weave through the crowd on tandem bikes, it is easy to forget about the recession, job uncertainty and all the other doom and gloom that has so effectively crippled our spirits for months.

And, really, that's how it should be.

While it may feel reflexive to want to punch a hole through the face of anyone who tells you to cheer up during these tough times, it's also true stressing over things beyond your control does no good for anyone.

This is not to trivialize the very real hardships many are currently facing. Layoffs, foreclosures, growing debt — these are not things easily surmounted with a cup of gelato on a sunny day.

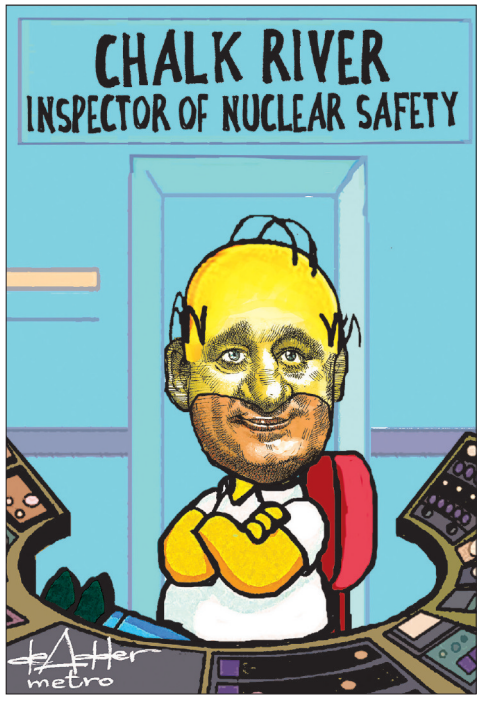
But once a person has done all they can to move forth, continuing to stew only diminishes the quality of his or her life. It overshadows and saps the joy from the positives there are, it affects relationships — with friends, family and lovers — and can create a debilitating cycle of self-sabotage.

The key, according to psychologists, is a process called savouring: Being deliberately mindful of what you're doing at the present moment, no matter how trivial it may seem, and luxuriating in it. Not only does this have a powerful effect on one's outlook and attitude, they say, but on interpersonal relationships as well.

So in the face of troubled times, make a conscious effort to focus on the things that do bring happiness, on a micro level: The taste of a cold beer on a hot day; the warmth of a lover's embrace; the simmering excitement of a city on the brink of summer.

Happiness, after all, is the journey.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.



MICHAEL DE ADDER

Views

Real Canadians show active side

Kelly D. Murumets

You don't have to reinvent yourself to live a healthier, more active life. You just have to find ways to move more!

As the national voice of physical activity and sport participation, ParticipACTION is proud to celebrate the real-life stories of five Canadians who have added more movement into their lives.

As Phase 2 of our "Get Inspired. Get Moving" campaign, we have created five television ads featuring their personal stories to inspire all Canadians to follow in their footsteps.

The ads tell powerful, personal stories about individuals overcoming barriers to achieve a healthier, more active future for themselves and their families. They feature Alison Alleyne (Surrey, B.C.), Diane Lawes (Edmonton), Joania Burnett (Ottawa), Richard Marier (Laval, Que.), and Stephane Martel (Roverval, Que.).

To find these everyday heroes, we called on all Canadians to share how they are moving more so they could inspire others to do the same. In November 2008, we launched television commercials featuring Canadian icons Donovan Bailey, Farley Flex, Rick Hansen and Mary Walsh to encourage people to post stories about getting active on our online Wall of Inspiration.

We worked with the Canadian Fitness and Lifestyle Research Institute to understand the common hurdles people face in their busy lives and select stories about getting active that will resonate with people on a personal level.

Out of more than 1,000 submissions from across the country, we chose three English and two French people to be featured in separate 30-second commercials. We worked with our advertising agency to record the five stories in the individuals' own voices and bring them to life through illustration and animation. The animation gives a whimsical feel to the campaign and highlights that physical activity can be meaningful and fun.

Our campaign shows that everyone is capable of being a hero in his or her own story — whether it's through getting active with their kids, overcoming obstacles or simply looking at things in a new light.

Thank you to all the Canadians who shared their stories on our Wall of Inspiration.

We received stories from across the country and we hope to receive more — Phase 3 of the campaign will feature more selections, slated to air later this year.

This is truly a grassroots initiative to celebrate individuals who are living a healthier, more active lifestyle. Get inspired and get moving, Canada!

Kelly Murumets is president and CEO of ParticipACTION, the national voice of physical activity and sport participation in Canada.

Letters

Canada's social safety net appreciated in tough times

SunnySide

Re: SunnySide initiative

Having lived in several countries across Asia, Europe and North America, I find Canada as one of the best countries with great social systems.

Programs such as environmental conservation, recycling and planned usage of its vast natural resources are ahead of many other developed countries.

It's amazing to find so many social services free of charge here in Canada, given that we come from countries where we had to pay for everything, which is usually expensive.

With a background in business, I'm setting up my first business here. What amazes me is how handy the information is and how many organizations are helping start-up entrepreneurs.

People say America is the land of opportunity, but having lived there for four years, I know how hard it is when people move there and struggle to make it.

I constantly feel grateful to be in Canada's well-designed social system. The government has done a good job putting everything in place for its people, and that becomes so important during tough times like today.

KEDIY ZHANG, TORONTO

Archaic media coverage laughable

Re: Sun King of subterfuge

I cannot believe Lawrence Martin would blame "an archaic system of coverage" for the lack of media coverage regarding the government's executive branch.

Making a comparison between where Canada and the U.S. house the media is just plain silly. It seems to me that the Canadian media is afraid to speak the truth when it comes to Stephen Harper and his Conservative government.

Good, truthful journalism should reach the people regardless of where the media sits.

ANNA-LEE POTVIN, TORONTO

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GM Canada gives dealerships notice of cuts

General Motors of Canada informed its dealerships yesterday of which ones it will close as part of a plan to slash its dealer network by nearly half, one of the steps necessary to qualify for long-term government aid. GM has about 700 dealerships and retailers across Canada. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

CELLPHONES A recovery in cellphone demand will not happen until well into 2010, researcher Gartner said yesterday, while Reuters data showed the industry could suffer its worst quarter ever in April-June.

CRAIGSLIST Seven people accused of publicizing a New York City prostitution ring over Craigslist have been indicted, adding to pressure on the online classified website to vet its ads.

REUTERS

Pinching pennies

Savings rates may double, report predicts

The trend toward saving more and shopping less could last for up to five years, as Canadians try to rebuild their personal savings amid languishing house and stock prices and painful memories of the recession, a new economic report suggests.

Calling it a "shift to thrift," the report, by TD Bank economist Diana Petramala, says consumer savings rates are already on the rise and could continue to climb as Canadians try to regain financial security.

Petramala predicts that savings rates could rise to between six and seven per cent — double the average of the preceding five years.

"Canadians have become increasingly concerned about their future prospects."
Diana Petramala, TD Bank economist

Low interest rates and soaring real-estate values meant consumers could spend with borrowed money and still feel rich. But the economic boom came to an abrupt end, as did the spending spree.

Savings rates began climbing last year, reaching a six-year high of 4.7 per cent by the end of 2008, up from an average of 2.9 per cent for the previous five-year period.

Personal savings rates had fallen in the past because people were getting wealthier without setting more money aside, Petramala noted.

"However, 2008 has proven to be a rude awakening," Petramala added.

"Canadians have become increasingly concerned about their future prospects, as reflected in the drop in consumer confidence to a 26-year low."

TORSTAR NEWS SERVICE

Inflation rate falls to 14-year low

SunnySide

ECONOMY Canada's annual inflation rate in April dropped to a 14-year low of just 0.4 per cent, a move analysts said meant the Bank of Canada would be in no rush to raise record-low interest rates.

The rate dropped from 1.2 per cent in March on lower energy prices, Statistics Canada said yesterday.

The central bank last month cut its benchmark interest rate to 0.25 per cent and promised to keep it there until mid-2010 as long as inflation remained tame.

"There is still a good deal of slack that has built up in the Canadian economy and that compels us to think that the Bank of Canada has good support for their commitment to keep rates steady for the next several quarters," said Charmaine Buskas, a senior economics strategist at TD Securities.

StatsCan said the drop in the annual rate reflected a decrease of 17.5 per cent in natural gas prices from April 2008 to April 2009. Gasoline prices fell 24.7 per cent in the same 12-month period.

REUTERS

Canwest secures new financing

MEDIA Canwest Global Communications has secured a $175-million financing lifeline as it fights to restructure its mounting debt load.

Canwest said yesterday it found buyers for $100 million of 12 per cent senior secured notes that its key subsidiary will issue, and CIT Business Credit Canada Inc. has agreed to provide a $75-million asset-based loan.

REUTERS

Real estate Bankruptcy history

STEVE MARCUS/REUTERS

Attendees pass by the General Growth Properties booth during a convention in Las Vegas on Tuesday. General Growth filed for Chapter 11 bankruptcy protection on April 16, making it the biggest real-estate bankruptcy in U.S. history.

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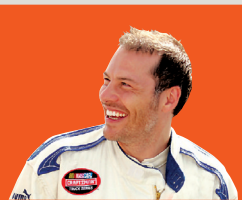
Mickelson suspends career

Phil Mickelson has suspended his playing schedule on the PGA Tour indefinitely after learning that his wife, Amy, has been diagnosed with breast cancer. According to the golfer's website, Amy's treatment process is expected to begin with major surgery, possibly within the next two weeks. METRO NEWS SERVICES

Sports



Jacques' racing school

Former Formula One world champion Jacques Villeneuve, left, is giving back to the profession he loves by opening a driving academy north of Montreal. The Jacques Villeneuve Academy will run in partnership with ICAR — a massive racing complex that, when it opened last year, took over many of the unused runways of the largely defunct Mirabel airport north of Montreal. Villeneuve will serve as a mentor and resident expert. METRO NEWS SERVICE

SPORTS@METRONEWS.CA

Local bid emerges for Coyotes

BANKRUPTCY There may be hope for the Phoenix Coyotes after all.

While Canadian billionaire Jim Balsillie and Jerry Moyes work on an official application to the league to purchase and move the bankrupt team, a local investor has emerged who apparently wants to keep the team in Glendale, Ariz.

John Breslow, one of the team's minority partners, is putting together an ownership group that plans to bid on the team, his lawyer, Scott Cohen, told the Toronto Star.

Few want to talk about about the new bid, the third to emerge in the last month.

"Mr. Breslow is not commenting at this time," Cohen said.

NHL deputy commissioner Bill Daly chose not to comment, but Balsillie spokesman Bill Walker said he welcomes the process.

"May the best bid emerge," said Walker.

"We're confident we have the best business proposal, by the best businessman for the best hockey market."

Should the sale of the team through bankruptcy go ahead, the rival bids are expected to be public. TORSTAR NEWS SERVICE

Michael Vick released from prison

NFL Disgraced former National Football League star Michael Vick was released from prison yesterday after serving a 23-month sentence for dogfighting, a spokeswoman for the U.S. federal prisons said.

Vick left Leavenworth medium security prison in Kansas early yesterday, according to spokeswoman Traci Billingsley.

He was to travel to his home in Hampton, Va., where he would begin a period of supervised home confinement, according to media reports.

The former Atlanta Falcons quarterback pleaded guilty in 2007 and was convicted of conspiracy charges in an interstate dogfighting enterprise on another of his properties in rural Virginia.

The case made national headlines and generated debate about dogfighting and the animal cruelty associated with it. Vick was also vilified as a fallen sporting hero. REUTERS

GETTY IMAGES

Sports in brief

JUNIOR HOCKEY Hockey Canada announced yesterday that Dave Lowry will be head coach of Canada's National Men's Summer Team for the 2009 Memorial of Ivan Hlinka in August. Canada enters the tournament as defending champion. Lowry will make his international coaching debut after leading the Calgary Hitmen to a 59-9-3-1 regular-season record and a spot in the WHL final. METRO NEWS SERVICES

Cavs shocked by Magic

MLB RESULTS

Orlando 107 Cleveland 106

It was a tale of two halves in the opener of the Eastern Conference finals, as Rashard Lewis' three-pointer with 14.7 seconds left capped Orlando's comeback effort, handing the Cleveland Cavaliers a 107-106 defeat, their first of the post-season.

Mo Williams drilled a 70-foot heave to give the Cavs a healthy 63-48 halftime lead, but Orlando won the third frame 30-19 to swing the game's momentum.

Lewis ended with 22 points, while Hedo Turkoglu added 15 and 14 assists. Dwight Howard contributed 30 points and 13 rebounds before fouling out late for Orlando, which is appearing in its first East finals since 1996

LeBron James' career playoff high 49 points on 20-of-30 shooting wasn't enough for Cleveland, which had convincingly swept Detroit and Atlanta in the first two rounds, all eight games being double-digit decisions. METRO NEWS SERVICES

AARON JOSEFCZYK/REUTERS

Orlando forward Dwight Howard slam dunks and knocks the 24-second clock off the backboard as four Cleveland Cavaliers look on last night during Game 1 of the NBA Eastern Conference final.

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Metro Homes

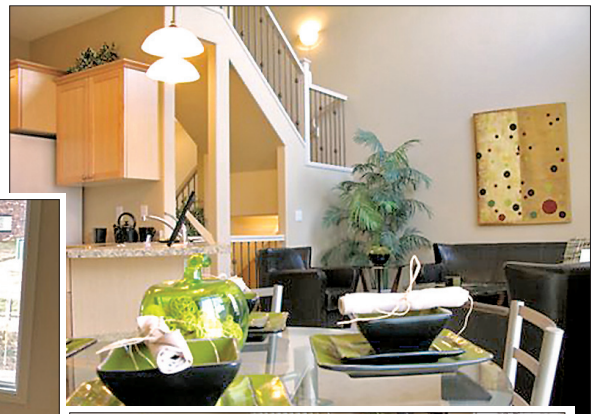
End violence with a sale

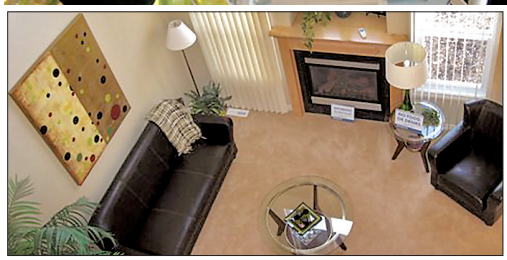
On Saturday, Royal LePage will host the National Garage Sale for Shelter in support of the Royal LePage Shelter Foundation, a program dedicated to ending violence against women and children. The event will be held in 80 communities across Canada. For more info, or to find a garage sale in your community, visit royallepage.ca/shelter. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Fast-paced living

Qualico offers modern, low-maintenance abodes





Suite Talk

HARRY HODGE
Metro Canada

Maximizing space is the focus of Qualico Developments' latest project, as the company's Creekside Village site in Edmonton features open concept as a major selling feature for prospective buyers.

Qualico, which counts Calgary and Fort McMurray among its markets in Alberta, has put together a development with an emphasis on the fast-paced lifestyles of today's Albertans.

"We've been finding a lot of people that are coming around looking for open space," said Qualico marketing manager Nick Iozzo.

"(People want) quick and easy access to easy living."

With those ideas in mind, the 1,200- to 1,500-square-foot units at Creekside were designed to create both a modern look and a low-maintenance ideal.

For more information on this development or other Qualico projects in Alberta, visit qualicodevelopments.ca.

When renovating, get permission first, experts advise

SIOBHAN O'BEIRNE
for Metro Calgary

With the snow gone and the sun shining, construction season is in the air — but it's not just the roads that are getting facelifts.

Homeowners, who are looking to start construction on a new house or even to add a new flare to their already beloved home, can finally put their plans into action.

But before you start work, there are a few important things to take into consideration. Mainly, permits.

Building permits are primarily to ensure the safety factor of the construction being done, said Jill Clarke, application and inquires coordinator for residential resources for the city of Calgary.

The first step to getting a permit is to have plans drawn up for any and all construction the homeowner is planning, which should be done by a professional.

"When you are dealing with someone who doesn't have those skills, it becomes quite apparent," said Matthew Layton from Layton and Son Construction Ltd.

He added that this is then submitted to the city for approval and that will grant you your permission to begin work on your home.

ISTOCK PHOTO

The first step in getting a permit is to have plans drawn up.

Permits can take anywhere between one and three weeks for approval.

"If a city inspector comes by and you don't have a permit," warns Layton, "he will shut it down and you will have to start all over again."

Not only that, but a homeowner may have to pay twice if they have been issued a Stop Work Order, said Clarke.

But not everything needs a permit. A full list and other permit information is available online on the Residential Resources page under City Living at calgary.ca.

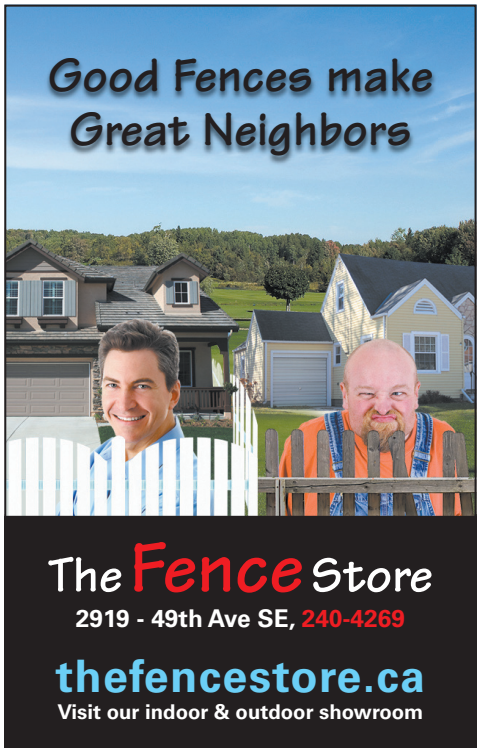
Most interior work, painting, redecorating, minor repairs and maintenance can be done without a permit. But it is still important to look into exactly what needs city approval, especially if you are looking to sell.

When new homeowners move in, they want to know that all repairs and additions to the house have been conducted by a professional, said Layton. To ensure this you need a Certificate of Compliance, which can't be given without a permit.

To ensure that you are using a licensed contractor who knows what they are doing, there are a few measures that can be taken.

Calling 311 to find out if the contractor is licensed is one option.

But there are also tips that any homeowner should follow when hiring a contractor, which can be found at the Service Alberta website (servicealberta.ca).



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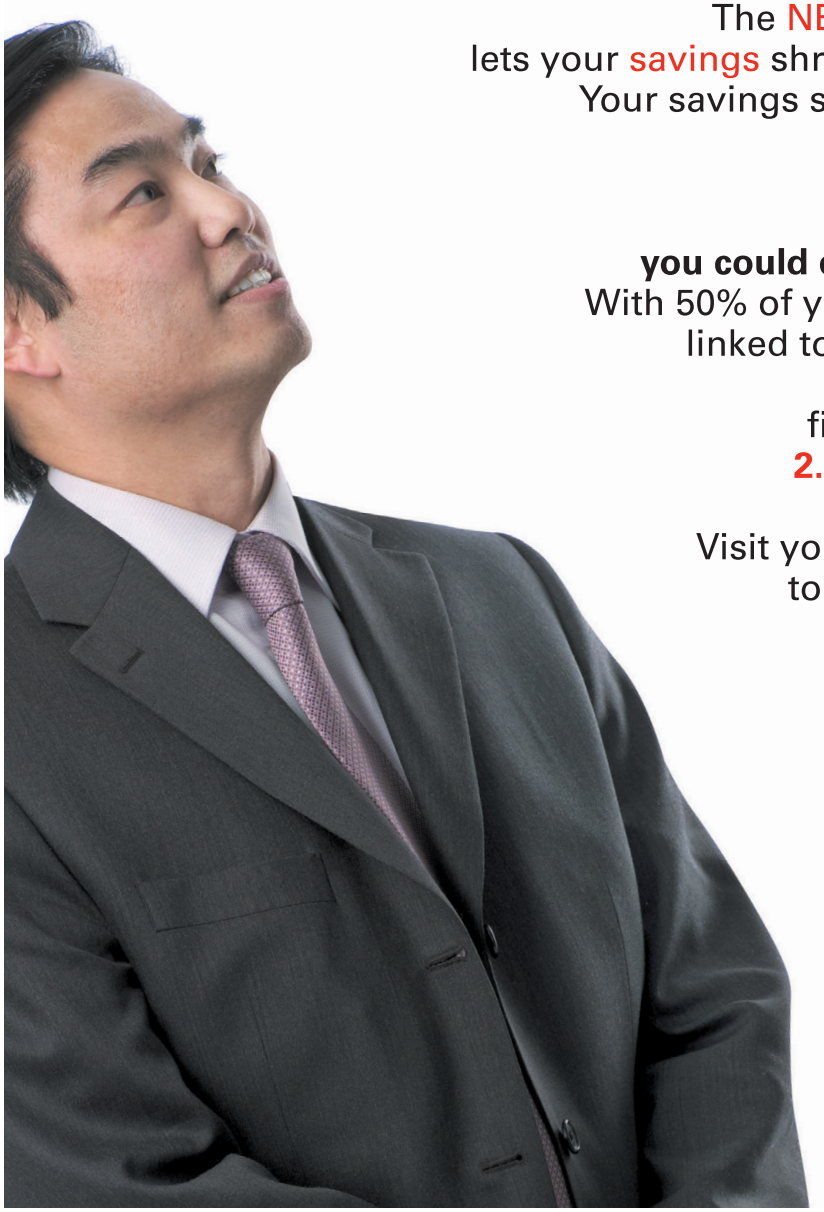

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Home renovations — especially on bathrooms and kitchens — are a great way to perk up your investment, experts say.

Home updates add value

LEYLA EMORY
for Metro Canada

The economy may look grim, but your house doesn't have to.

Home renovations are a great way to perk up your life and your investment.

These days, financing a fixer-upper doesn't have to break the bank. With the new Home Renovation Tax Credit (HRTC) already cutting costs, banks are also out to help. "The best advice would be to sit down with a mortgage specialist and make an informed decision based on facts," says John Turner, director of mortgage sales at the Bank of Montreal.

"Kitchens, bathroms and basements are three places in the house that make the most impact in the resale of a house."
Mag Ruffman of toolgirl.com

BMO's combination of a mortgage and line of credit is one the more popular options lately, says Turner. "The Homeowner ReadiLine lets you keep your mortgage portion under a mortgage and also have a line of credit portion to use for renovations. It's all under one borrowing limit ... As you pay down your mortgage, you increase your borrowing reserve. The interest rates are great and you only pay interest on what you use."

But use it wisely. "You've got to look at the return on the investment," says Mag Ruffman, Road to Avonlea's Olivia Dale turned toolgirl of toolgirl.com. "Kitchens, bathrooms and basements are three places in the house that make the most impact in the resale of a house."

Saving money while adding value comes down to education and materials, according to Ruffman. "Learn how to do things yourself." For the civic-minded, Ruffman recommends volunteering for Habitat for Humanity. "It's an amazing experience and you get to understand what goes in to the systems of a house."

Next to know-how is "know-where."

"When it comes to materials, you can save a lot of money by going to used building supply places," says Ruffman. "Habitat for Humanity runs one called ReStores. They're outstanding for value. All big cities have at least one."

But major retailers are also out to add value. The Home Depot's Top Up program ran last month allowing customers to receive 10 per cent back in gift cards on HRTC-eligible products between $1,000 and $10,000.

They plan to run similar promotions focusing on key seasonal categories throughout the year.

"It's a great incentive to get people into the stores and working on renovations," says Frank Turco, colour, trend and design manager at The Home Depot. "Obviously, it benefits us from a revenue standpoint, but in turn [it] benefits the consumers who can actually start to do some work even though we're faced with recessionary times."

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Harvey's is hosting Hamburger Day to kick off the celebration of their 50th Birthday. On Sunday, from 10:30 a.m. to 3:00 p.m., Canadians are invited to visit participating Harvey's locations to get an Original Hamburger topped just the way they like it ... for free. Visit harveys.ca for locations. METRO NEWS SERVICES

Food

Quinoa can be added to stews and soups (it thickens it up), or as an alternative to oatmeal — just add honey, nuts or berries, as desired.

BARB HOLLAND/FOR METRO CANADA

Storing

Store quinoa in a glass or plastic container in a cool, dry dark place. Ideally stored, it should stay fresh for up to one year.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Have you ever tried a super crop?

À la carte

Barb Holland

metronews.ca/alacarte

Quinoa may seem like a new grain, but in fact it was a staple of the ancient Incas. Pronounced keen-wah, it is so high in protein — 13 per cent — that the United Nations classified it as a super crop. It has more protein than any other grain and all eight essential amino acids. It is also higher in unsaturated fats, lower in carbohydrates than most grains and high in fibre.

Aside from its fab health properties, it is easy and quick to cook and has a light, fluffy texture with a mild, slightly nutty flavour. What's not to like? It makes a nice change from couscous or rice, and one cup makes a generous four cups.

The grains are naturally coated with a bitter resin called saponin. This resin can be removed by washing but is often removed by mechanically polishing. Look for whole grain quinoa and read the package, as some have already been rinsed and air dried, so it's good to go without the rinsing.

Quinoa and Vegetable Salad

The protein in quinoa along with the cheese and nuts, if using, makes this an ideal vegetarian dish. Makes tasty leftovers for tomorrow's lunch as well. Makes four to six servings.

BARB HOLLAND/FOR METRO CANADA

The protein in quinoa along with the cheese and nuts, if using, makes this an ideal vegetarian dish.

INGREDIENTS:

- 1 cup (250 ml) quinoa, well rinsed (as per package)
- 2 cups (500 ml) water or broth
- Pinch salt
- 1/4 cup (60 ml) olive oil
- 2 tbsp (30 ml) fresh lemon juice
- 1 clove garlic, minced
- 1/2 tsp (2 ml) each: dried oregano leaves and salt
- 1/4 tsp (1 ml) pepper
- 1/2 lb (250 g) cooked asparagus* (grilled or steamed), cut into 1 inch (2.5 cm) pieces
- 1 red or yellow pepper, diced
- 3 to 4 green onions, sliced
- 1 cup (250 ml) halved cherry tomatoes
- 1/2 cup (125 ml) crumbed feta cheese
- 1/3 cup (75 ml) toasted walnuts or pecan halves, optional

METHOD:

Place quinoa in a medium saucepan with water and salt or broth; bring to boil. Reduce heat, cover and simmer 15 minutes or until tender. If necessary, drain off any liquid. Transfer to large bowl and fluff with a fork.

Meanwhile whisk oil, lemon juice, garlic, oregano, salt and pepper together. Prepare vegetables.

Add vegetables to quinoa, pour dressing over all and toss well. Sprinkle with feta cheese and nuts just before serving.

* Use a seasonal vegetable when asparagus is not in season, green or yellow wax beans, broccoli, etc., as they become available.

Tips:

- For a roasted flavour (pilaf style), toast quinoa in a dry skillet for about 5 minutes, stirring often. Add two parts liquid to one part quinoa (same proportions as above), bring to a boil. Reduce heat, cover and simmer 15 minutes or until tender.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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Metro grocery stores are gearing up for another summer season of entertaining friends and family. Metro's Food At Its Best Summer 2009 Magazine is a one-stop guide to get you ready for summer, available now in all Metro grocery stores. **METRO NEWS SERVICES**

Just a bit more finesse

LunchRush

Carla Ciccone

metronews.ca/lunchrush

Ouzo Greek Taverna
2005 4 Street SW
403-229-1400

Hours of operation: Mon - Sat 11 a.m. - late, Sunday 12 p.m. - late
Rating: ●●½
Price range: $$
Reservations: No
Client negotiations: No
Lunch w/co-workers: Yes
Social Lunch: Yes
Quick solo lunch: Yes
Time in: 1:00 p.m.
Ordered: 1:20 p.m.
Food arrived: 1:35 p.m.
Time out: 2:00 p.m.
Total time: 1 hour
Low $: Warm Toasted Pita Bread, $3.95
High $: Santorini Platter, $98.95
Lunch menu: Lunch menu, daily specials
Licensed: Yes

Lamb souvlaki, $9.95.

There is nothing like sitting on a sunny patio to enjoy your lunch. At Ouzo Greek Taverna, the flower-laden outdoor eating area is a great place to appreciate a nice meal and a warm day. The lunch menu at Ouzo is generally well priced and covers all the bases, however our meal just barely lived up to the sunny surroundings.

The tastes of the Mediterranean are vibrant, fresh and lovely — and Greek food is no exception with its bold tastes and colourful dishes. Ouzo has long been a well-respected and reliable restaurant to grab a quick bite for lunch at, or to linger over many courses and make the meal an epic event — and this is quite feasible with items like the fully loaded Santorini Platter ($98.95).

Starting with the Mussels ($14) my group and I had high hopes for a light and fresh seafood dish. Unfortunately, the mussels were grossly oversized and overcooked, which added a little too much chewiness on top of the bland taste.

All hope was not lost, however, as the sun was still shining and the main dishes were on their way with the promise of something better. I ordered the Lamb Souvlaki. It's a great value at $9.95 for a good-sized pita, salad and lemon fries — and this dish was much more appetizing than the mussels. The lamb was grilled well, the Caesar salad was fresh and tasty and the lemon-flavoured fries were delectable.

Perhaps some of the menu items at Ouzo could be cooked with a bit more refinement and finesse in order to better convey the wonderful flavours of Greek cuisine. On the whole, my lunch at Ouzo was a pleasant experience — full of laughter in the warm sun, friendly service, and a respectable meal.

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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Don't cry for me, Argentina

Visiting a wine producing country for the first time is a lot like finally meeting a celebrity you're crazy about.

What you hope against hope is that they'll live up to your expectations in person. Well, after a week in Argentina last month I can officially tell you that the land of red wine (and whites too), red meat and amazing empanadas more than lives up to its liquid reputation.

The province of Mendoza is ground zero for great vino. There malbec is king and tasting a series of wines with Daniel Pi — chief winemaker for Trapiche —brought that fact home loud and clear. If you don't know the grape **Trapiche's 2007 Malbec ($8.85 - $11.99)** is the place to start. Not too spicy or juicy; its ripe core of bright black fruit is easy to drink and barbecue-friendly.

One of the most original wines I tried came from the minds at Masi. The Italian wine producer set up shop in Mendoza's Tupungato Valley to blend malbec with corvina (a grape originally from Italy's Veneto region). The resulting **Masi Tupungato Passo Doble ($13.95 - $17.99)** is a beef-loving, new wave South American with Old World roots.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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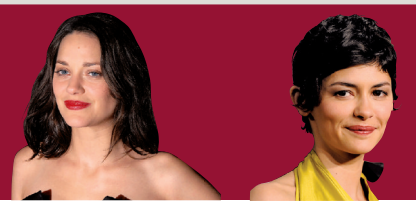
One Night gift bag
Sunnybrook Foundation has revealed the list of items that will pack this year's One Night Live Gift Bag. It will include beauty products, children's home entertainment products, a limited edition print from an renowned Canadian artist and more. METRO NEWS SERVICES

Style



A fashion mini-film faceoff

French actresses Marion Cotillard, far left, and Audrey Tautou, left, are facing off in short films for two iconic Parisian brands. Marion Cotillard stars in a short film for Christian Dior called Lady Noire Affair. She wears a John Galliano-designed wardrobe in the long commercial which promotes the brand's Lady Dior bag. Meanwhile, Tautou stars in a Jean-Pierre Jeunet-directed clip for Chanel No. 5. KENYA HUNT/METRO WORLD NEWS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Fantasy-worthy locks

Spring/summer 'dos call for big, cascading curls or cropped edgy manes

JENNIFER YANG
for Metro Canada

If hair is truly "the richest ornament of women," as revolutionary monk Martin Luther once said, then this spring and summer, expect the ladies to look positively festooned.

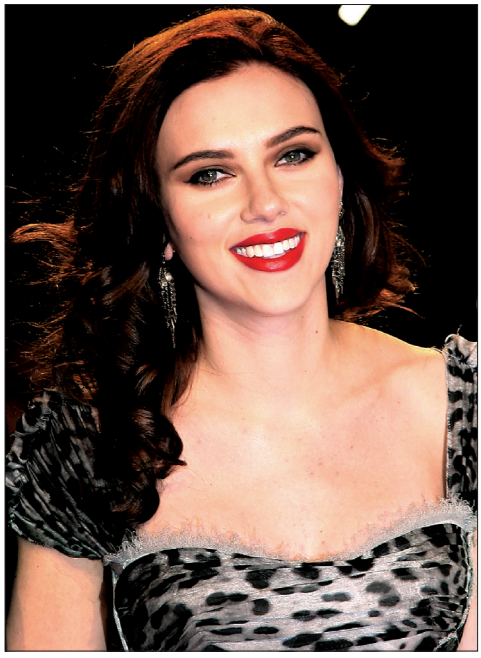
With those spring showers, tulips won't be the only things in bloom as women start planting pretty things in their tresses too. It seems hair accessories are suddenly in season again, says L'Oreal hair guru Eric Del Monaco, a beauty expert on Project Runway Canada.

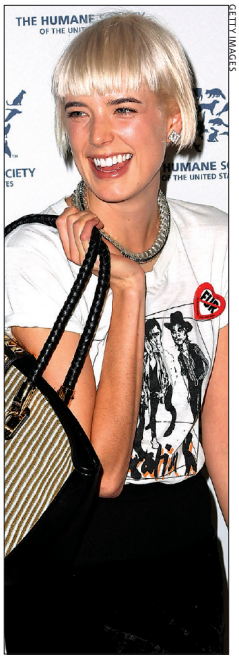
"There's some beautiful stuff," Del Monaco says. "Really nice jewel pieces, ceramic pieces. It's all about creating your own fantasy."

Del Monaco is also the official hair artist for Toronto Fashion Week and started using accessories in October for the spring 2009 collections. His favourites are the chic feather accents he's seen, worn flat and sleek against the scalp.

But for those who can't wrap their heads around all the beads and plumage, spring and summer hair is still full of fun and fantasy, Del Monaco says, with manes going big, curly and cascading.

"That hair straightener is going out the window," Del Monaco says. "For the daytime, it's just big, huge, loose curls that can be made anyway… sort of '60s, big, flippy hair."





GETTY IMAGES

Spring and summer hair looks are full of fun and fantasy. Two trends experts are suggesting include the big, curly cascading brunette mane (see actress Scarlett Johansson, left) and the short croppy blond bob (see model Agyness Deyn, right).

"The hair straightener is going out the window."
Eric Del Monaco, beauty expert on Project Runway Canada

As for those sticky summer evenings, keep the curls in tact but slick them back with a dollop of gel, Del Monaco says. Nighttime looks are more elegant and constructed, similar to Kate Winslet's glam 'do from this year's Oscars.

"Leave the house in the morning with some big curls and at night, before leaving the office, you can just put in some gel, put it up in a bun and off you go," Del Monaco explains. "For hot summer nights that look's really hot, especially if you have a hot tan."

As for colour, Del Monaco says the shade this season is brunette, with lots of "tortoise-shell" and "cinnamon-kissed" browns.

But for Melissa Baca, owner of Toronto salon Madfactory, she says many of her clients are swinging to the other hair extreme and requesting the Agyness Deyn: cropped, catwalk-edgy and white blond.

"It's a short, choppy kind of bob… croppy in the back and longish to the front," Baca explains. "A lot of blond and more of that sort of peroxide-y blond."

But amusingly, most of Baca's clients are fantasizing about a different celebrity's hairdo this spring — a little lady whose hair accessories are probably more of the plastic and glitter variety.

"It's kind of funny but we've had a lot of clients ask for Suri Cruise's hair (daughter of actors Tom Cruise and Katie Holmes)," laughs Baca. "We hear she's got a good stylist."

chic accents

Hair accessories are in season, try some of these fun accents:

• Goody Cecillia side comb, $6.49. Available at most mass drug stores.

• Goody Lydia claw clips, $8.99.

• Goody Lenora salon clips, $5.49.

YSL cage silver shoe, $1295, Holt Renfrew. (More affordable versions of the cage shoe are available at Aldo and Browns).

Cage match over racy shoes

TREND There is a rage over cage shoes this season.

It ignited at the spring/summer 2009 Yves Saint Laurent collection shown in Paris last October. Designer Stefano Pilati sent his models down the runway, their feet encased in a shoe featuring thin strips of leather that form a grid-like pattern and perched on a metal cage-inspired heel.

In essence, this short bootie looked like a cage imprisoning the model's foot.

It has since set the fashion world and the blogosphere all a-twitter.

Naturally, when you put the words cage and women together, you're bound to ignite a frenzy.

Type the words 'YSL cage shoe' into the Google search engine and about 60,000 results pop up.

This architectural shoe is drawing extreme reactions, dividing footwear fanatics on the web into two camps: Those that loathe it and those that can't wait to get their hands on it.

TORSTAR NEWS SERVICE

FlareFashion
Lisa Tant
Read the blog at metronews.ca/flarefashion

Fashion in brief

JOBS As the economy gets ugly, droves of out-of-work Australians, male and female, are finding a career in beauty really pays. Avon, the largest direct selling beauty company in the world, has recruited more than 7,000 door-to-door saleswomen — and men — in February alone, as the global financial crisis deepens. The company, which has tens of thousands of representatives in Australia, said in addition to the usual stay-at-home moms looking for extra income, new recruits include female executives and financial professionals, as well as a few more men. "The downturn in the economy has seen a huge increase in Avon representatives," said Avon's advertising and PR manager Michaela Groves. REUTERS

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Small-town charm

What's next for Gabrielle Miller now that the Ruby Café is closed

By **AMANDA SIDDALL**
Contributing Writer

Lacey Burrows can serve up a mean Ruby Club, but off the set of Corner Gas you won't find Gabrielle Miller tucking into that irresistible carnivore-carb staple. "I probably couldn't even make that sandwich. It has meat in it, and I'm a vegan!" says the 35-year-old star, who has played Lacey on the popular comedy series for the past six seasons. Miller adds that she and her on-screen character have few traits in common. The chatty Ruby Café owner — a big-city outsider who landed in small-town Dog River, Sask. — is neurotic and self-conscious, whereas the Vancouver-born Miller is charmingly calm and friendly. "My husband loves the show, but he says that he could never date Lacey," she says, laughing. "I loved that I got to be part of something that made such an impact on Canadian television," she says. "I feel like we had an incredible journey, but it was time to say farewell." She's not sure what her next creative adventure will be, but she and Janet Wright (who plays Emma on the show) have talked about doing theatre together. "I want to take time to think about what to do next," she says. "I love design — especially fashion. But I'm not that good, so I doubt I'll be making any career moves!"

FREE FALL

Expert Charles Booth, founder and creator of LaCoupe • After washing and conditioning the hair, gently pat it dry with a towel and spritz it with a straightening spray. • While the hair is still damp, comb it back off the face and push it up from the back so that the natural centre part opens. • Blow-dry the hair, smoothing it with a flat paddle brush; be careful not to lift the hair at the roots. • After straightening the hair with a flatiron, warm a dime-size amount of finishing cream in the palms of your hands. Gently place the hair between them and smooth it, moving down from the ear to the tip. **SARAH DANIEL DOLPHIN**

Kérastase Nectar Thermique ($41)

Dove Heat Defy Therapy Shampoo and Conditioner ($5 each)

FHI Heat Platform Special-Edition Professional Ceramic Tourmaline Styling Iron ($270)

Editors' Pick

BRIGHT IDEA

Give the bling a break. Nail polish is the cheapest accessory and an easy way to stay on trend, says Ji Baek, owner of Rescue Beauty Lounge in New York. And, this summer, it's all about rainbow-bright lacquer. For a pulled-together look, Baek suggests using the same shade on your fingers and toes and keeping your wardrobe neutral. "Pairing bold polish with bright clothes will make you look like a tropical bird."

From top: Essie Nail Polish in Perky Purple ($11); Zoya Professional Lacquer in Pippa Ultra Bright ($9.95); Rescue Beauty Lounge Nail Polish in Coral ($18)

DIPLOMATIC COMMUNITY

Calling all fashion lovers: Jacob is looking for 12 brand ambassadors. Called "Express Your Jacob," the contest invites women to make a MySpace video explaining what they love about the brand. The best part of the prize? A chance to meet Jacob's designers and consult on its 2009 collections. "We are looking for women who embody our values of passion, integrity and team spirit," says communication director Cristelle Basmaji (jacob.ca)

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the Bay

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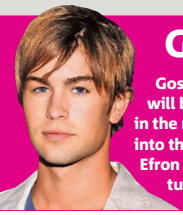
ellecanada.com

Pink, Hart renew vows
In Touch previously reported, since reuniting earlier this year, Pink and Carey Hart have been planning to renew their wedding vows. And on Saturday that's exactly what they did. INTOUCHWEEKLY.COM

Entertainment



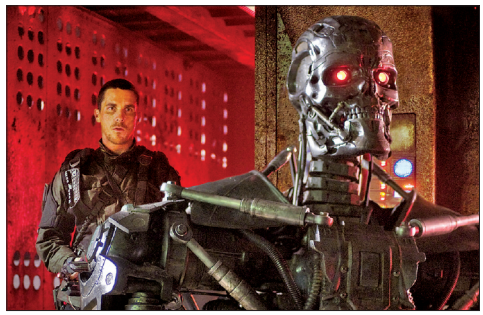
Gossip dance

Gossip Girl hottie Chace Crawford will be kicking off his Sunday shoes in the remake of Footloose, stepping into the void left behind when Zac Efron dropped out, Paramount Pictures has confirmed. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Closer to damnation



Christian Bale has a close encounter in Terminator Salvation.

Terminator Salvation
Director: McG
Stars: Christian Bale, Anton Yelchin
Classification: 14A
Rating: ●●

CHRIS ALEXANDER
for Metro Canada

For all its impressively spine-shaking stereo sound and grim, digitally goosed fury, Terminator Salvation is just another hollow and harmless serving of mealy Hollywood pabulum, gleefully homogenizing the ideas forged in James Cameron's iconic 1984 original and making even the tepid Terminator 3 look like something Isaac Asimov penned by comparison.

In this unwanted and perfunctory prequel/sequel slog, the robot apocalypse's chief adversary, resistance leader John Connor (Christian Bale) is trying to find his would be teenage father Kyle Reese (Anton Yelchin) before the evil cybernetic empire called Skynet erases him, thus eliminating Connor's existence.

Confused? Not as confused as supposedly executed death row prisoner Marcus Wright (Sam Worthington, who's very good in an underwritten role) who literally wakes up after a nuclear blast and spends much of the movie's running time stumbling about the desert evading android annihilation.

Speaking of confusion, those unfamiliar with at the least the first film, won't have a robo-chance figuring out the time twisting storyline or caring about any of the blank-eyed characters (including the obligatory and wince inducing cute kid with the perfectly coiffed afro) while those who are savvy to the sophisticated, cerebral ideas the series offered will most likely loathe it.

Director McG brings much of the rock video informed razzle dazzle he slathered on the Charlie's Angels movies and there are a few borderline brilliant action set pieces, including a giant robot human harvester sequence straight out of War of the Worlds and a crowd pleasing bit where former Terminator poster boy Arnold Schwarzenegger makes a CGI-tweaked appearance.

The film also has a nice, bleak, arid and burnt out look that, in some of Worthington's scenes, even recalls vintage Sergio Leone spaghetti western (Danny Elfman's toney score even quotes Ennio Morricone from time to time).

But Bale is thoroughly wasted, the script is formless, joyless garble, the violence is tame and the undercooked themes of man vs. machine were perfected in the otherwise imperfect Matrix movies.

All in all, a massive disappointment that's closer to Transformers than Terminator.

Screen times

Thursday screenings for Terminator Salvation:
- **CROWFOOT CROSSING:** 12:20-1-3:30-4:20-6:45-7:40-9:45-10:15
- **EAU CLAIRE MARKET:** 7:10-10:05
- **EMPIRE STUDIO 16 COUNTRY HILLS:** 12:20-1:30-2-3:10-4:30-5-6:45-7:20-8-9:30-10:10
- **EMPIRE STUDIO 10 MACLEOD TRAIL:** 12:30-1-3:45-4:15-6:50-7:20-9:50-10:20
- **SCOTIABANK CHINOOK:** 12:10-12:50-1:20-3:10-3:50-4:20-6:50-7:15-7:35-9:50-10:15-10:35
- **SUNRIDGE SPECTRUM:** 11:55-12:25-12:55-3:10-3:40-4:10-6:40-7:10-7:30-9:40-10:05-10:25
- **WESTHILLS 10:** 5:20-5:50-7:55-8:40

Times are subject to change. Complete listings at metronews.ca/movies.

On the web

- For a Terminator Salvation trailer, photos and screen times, or to buy tickets, visit metronews.ca/movies.

MusicReviews

music@metronews.ca

Eminem
Album: Relapse
Label: Interscope/Universal
Rating: ●●●½

AS SOON AS RELAPSE'S first official single hit the airwaves, it was clear that Eminem was trying a little too hard. We Made You, with it's carnival beat, frantic flow and aimless C-list targeting, was a desperate-sounding entry to his first album in five years. Fortunately, it's the worst song on Relapse, an album that finds Slim Shady pushing his wordplay and ultraviolent persona to the limit over fiery Dr. Dre production. While the work is obvious, Relapse is much more satisfying than his last album Encore, where he didn't try at all.

Jason Richards/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/21/09 primetime	267	351	- ACCESS	Alberta Primetime (Live)		Grey's Anatomy		Old Christine	Old Christine	Flashpoint (HDTV)		Primetime
	243	317	3 CFCN	etalk	Hollywood	Southland "Derailed" (N)		So You Think You Can Dance Dancers audition. (N)				News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty "Curveball; The Fall Issue" (N)				Greys
	245	306	6 CBRT	NHL Hockey: Playoffs		CBC News	To Be Announced			CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Harper's Island (N)		NCIS "Heartland" (HDTV)		The Office	The Office	News Hour
	246	-	8 CKAL	Law & Order: SVU		Privileged		Ugly Betty "Curveball; The Fall Issue" (N)				Your City
	119	705	9 CBXFT	Des squelettes	Gars fille	Perdus (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors		NCIS "Heartland" (HDTV)		CSI: Crime Scene Invstgtn.		Flashpoint
	-	374	14 KSPS	NewsHour With Jim Lehrer		Health Matters, TV for Life		New Tricks		MI-5 "Blood & Money"		Artists Den
	502	390	15 CBC	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		Nature-Things
	-	370	16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	30 Rock	The Office	30 Rock	Southland (N)
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	So You Think You Can Dance Dancers audition. (N)				News (N)
	297	652	37 WPIX	Supernatural (HDTV)		PiX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500	29 CNN	Larry King Live (N)		Anderson Cooper 360		Anderson Cooper 360		Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	NBA Basketball Western Conference Final Game 2 -- Teams TBA.					SportsCentre		Poker	E:60
	408	418	27 net	CHL Hockey: Memorial Cup		Sportsnet Connected		Hockey Central		Sportsnet Connected (HDTV)		MMA Conn
	410	403	30 SCORE	Poker Challenge		Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score
	411	457	44 OLN	Mantracker		Bounty Hunter	Bounty Hunter	Departures		Mantracker		Bounty Hunter
	417	406	48 SPEED	NASCAR Race	Wrecked (N)	Wrecked (N)	Wrecked	Pimp My Ride	Pass Time	NASCAR Classics (N)		
family	552	543	20 YTV	Drake & Josh	Family Biz	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life		Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Sky Captain-World	
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Gone Country		Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	The E! True Hollywood Story		Name Is Earl	Soup Presents	Terminator: THS		News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	521	560	24 TLC	American Chopper (N)		Street Customs (N)		American Chopper		Street Customs (HDTV)		Amer. Chopper
	603	561	25 FOOD	Jamie's School Dinners		Ace of Cakes	Ace of Cakes	Chef Abroad	David Rocco	Unwrapped	Unwrapped	School Dinners
	615	520	26 A&E	The First 48 (HDTV)		Crime 360 (N)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	American Pie 2
	601	562	33 SLICE	X-Weighted		X-Weighted "Jamila"		ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	-	633	34 ENC2	(7:10) Winter Stories ★★ (1999, Drama), Luc Guerin				200 Cigarettes (1999, Romance-Comedy)			(10:40) Go (1999)	
	520	505	35 DISC	Sasquatch: Legend		MythBusters		Daily Planet		Hunt for the Mad Trapper		Sasquatch
	620	523	36 BRAVO	Treed Murray ★★ (2001, Drama) David Hewlett.				Law & Order		Without a Trace		Rich in Love
	294	650	40 WPCH	Friends	Friends	Scream ★★★ (1996, Horror) Neve Campbell.				Family Guy	Family Guy	Seinfeld
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP
	-	539	42 TCM	Greenwich Vil	West Side Story ★★★★ (1961, Musical) Natalie Wood, Richard Beymer.					(10:15) La Bamba ★★★ (1987, Biography)		
	628	584	43 SPIKE	TNA Wrestling (HDTV) (N)				UFC 98 Countdown: Evans		MANswers	GameTrailers	MANswers
	522	516	45 HIST	Go Deep "Earthrace"		NCIS "Lost & Found"		Ancient Discoveries		Go Deep "Earthrace"		NCIS
	627	528	46 SPACE	The Scorpion King ★★ (2002, Adventure) The Rock.				Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	-	47 AMC	(6) Project X ★★ (1987, Drama)			Voyage to the Bottom of the Sea ★★★ (1961, Science Fiction)					Highlander
	619	525	49 TROP	What Happen?	What Happen?	Vanity Insanity	Inside Hollywood (DVS)		Seinfeld	Seinfeld	Raymond	Family Guy
	600	564	50 HGTV	Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes in New Orleans		Disaster DIY	Big Amazing	HolmesOrleans
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 VIVA	Most Haunted		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy		Most Haunted
	269	350	93 APTN	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	Johnny Mnemonic ★ (1995, Science Fiction) Keanu Reeves.				MYTV
	-	-	94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi
	571	581	100 MMM	MuchMoreMusicOnStage		Entourage	Gene Simmons	The Daily Fix		MuchMoreMusicOnStage		Entourage
	570	580	101 MM	Daddy's Girls	Degrassi: TNG	Hooking Up	Green Day	One Tree Hill		Daddy's Girls	Punk'd	Technical Diff.
	581	566	102 MTV	The Hills	After Show	True Life		MTV Live	After	The Hills	The Hills	True Life

critics' corner

Southland
Officers Cooper. Sherman, Brown and Dewey (Michael Cudlitz, Ben McKenzie, Arija Bareikis, C. Thomas Howell) find a dead gang member in the trunk of a car outside Dodger Stadium. Detective Bryant (Shawn Hatosy) asks Lydia (Regina King) to take in Janilla (guest star Carla Jeffrey). The rift between Detective Salinger (Michael McGrady) and his daughter grows in the season finale, "Derailed." 8 PM on CFCN

So You Think You Can Dance
Contestants — some of them with no formal training — go through a grueling series of challenges as they compete against each other for the title of America's favorite dancer, as the hit competitive reality series returns for its fifth season with host Cat Deeley and judges Nigel Lythgoe and Mary Murphy. At stake: a $250,000 cash prize and national exposure that could lead to professional job offers. 9 PM on CFCN

Former bodyguard suing Britney

Britney Spears' former bodyguard filed a lawsuit against the pop star. According to court documents, Kerry Vine claims he sustained physical injuries while working at her former home at the Summit in Beverly Hills in March 2008. USMAGAZINE.COM

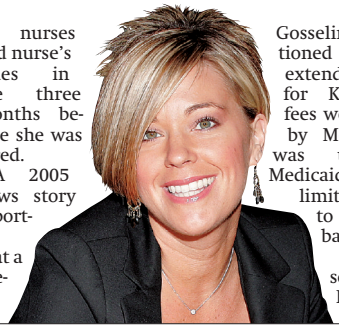
Celebrity Buzz

Ex-nanny dishes on Kate's mean streak

DON'T ASK FOR A REFERENCE The new issue of Us Weekly reports that Jon & Kate mom Kate Gosselin — known for being short with her husband, Jon Gosselin — is even more combative with her family and employees.

Baby nurse Angela Krall, who watched the sextuplets as infants for more than a year, tells Us that the short-fused Kate fired 40 nurses and nurse's aides in the three months before she was hired.

A 2005 news story reported that a pre-TV Gosselin had petitioned the state to extend payments for Krall, whose fees were first paid by Medicaid (Jon was unemployed; Medicaid provides limited assistance to premature babies).



While Gosselin praised Krall in the same story, Krall reveals that the mother posted "demeaning" signs in every room detailing rules, and fired one woman on the spot for washing her hands in the kitchen instead of the bathroom. "Kate flipped," says Krall. "She thought it was cross-contamination."

That level of perfectionism also created friction with her father, Kenton Kreider, a pastor, after he gave her cribs donated by his parishioners, the magazine adds. "They didn't match and Kate rejected them," says a family source. "Things like that caused a rift." Krall, who says all six babies ended up with matching cribs, tells Us that Gosselin "thought they were owed stuff. The money factor was huge."

METRO WORLD NEWS

My good looks hold me back, Jessica says

PROBLEMS WE'D LIKE TO HAVE Jessica Biel blames her good looks for holding her back as an actress. "It really is a problem. I have to be blunt," she tells Allure magazine.

She says some casting directors don't bring her in because she is so pretty. "If you don't like the audition, then don't hire me. But if you don't even want to see me — that's hurtful," she says.

"Yes, The Illusionist has made a difference — but a huge, massive difference, so I can pick and choose what I want? No."

METRO WORLD NEWS

T.I.'s time in jail may be cut short

TIME SERVED Rapper T.I. is set to turn himself over to authorities in Arkansas next week, but he may end up serving only a fraction of his scheduled year-and-a-day jail term.

T.I. will most likely only spend two months behind bars since he will be given credit for having already served 305 days on house arrest and community service. The rapper was convicted last year on federal weapons charges.

METRO WORLD NEWS

Justin and Drew house hunting?

MOVING IN On-again, off-again couple Drew Barrymore and Justin Long appear to be back on — so much so that they're reportedly moving in together. The pair was spotted checking out real estate together recently.

"Drew wants to live with Justin in a sort of trial marriage, so that's why she's looking for a new home," a source tells In Touch Weekly. "They are together, but they want everyone to think they're just friends now. They're so close, Drew even wears his clothes (outside) during the day."

METRO WORLD NEWS

Amy back to old ways?

NO CHANGE Amy Winehouse was rushed to hospital after partying with friends, femalefirst.co.uk reports.

The troubled singer — who is currently staying in St. Lucia while she writes her third album — was reportedly taken to a medical facility by ambulance and received emergency medical treatment after a wild night of drinking on Friday.

Winehouse was discharged later that evening, but friends of the star believe her deteriorating health may jeopardize her scheduled U.K. show at London's Shepherd's Bush Empire at the end of the month.

A source told Britain's The Sun newspaper: "Amy's concert might as well be cancelled now. She's not going to make it. It's not worth her while even if she does make it, it will be a shambles. She is not ready for it."

METRO NEWS SERVICES

GETTY IMAGES

Mom defends Mel's girlfriend

MOM'S DUTY Lyudmila Chernukha, a retired Russian music teacher whose daughter Oksana Grigorieva is dating Mel Gibson, denies Grigorieva broke up the actor's marriage, but remains mum on rumours the pair are expecting a child, people.com reports.

"I can't say anything," Chernukha, speaking in Russian, told People exclusively from her home outside of Moscow. "Wait for the official statement from them."

Chernukha said Grigorieva — a singer signed to Gibson's record label — started seeing him well after the actor and his wife separated, which the mother says happened in 2006.

"He split up with his wife three years ago, so to suggest that she has broken up their marriage is rubbish," she says. "He was no longer with his wife so he was bound to meet some woman at some point, it just happened to be Oksana."

METRO NEWS SERVICES

Surrogate 'generous and gracious': SJP

MOTHERHOOD Sarah Jessica Parker says the surrogate mom carrying the actress' twins is a strong woman who made "an incredibly generous and gracious choice," people.com reports.

But Parker now worries that this strength is being put to too much of a test from the media following the announcement that the Sex and the City star and husband Matthew Broderick are expecting twin girls.

"On a daily basis, on an hourly basis, I am greatly concerned for her health and safety and the safe delivery of our children," Parker, 44, told Access Hollywood in an interview airing Tuesday.

Parker alleges that the surrogate, along with her friends and family, have been threatened and harassed by the tabloid media. "Obviously there are those (who) don't care about her, or her health, or safety, or my children's health and safety."

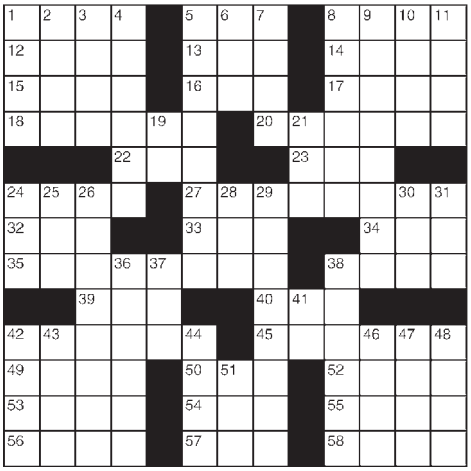
METRO NEWS SERVICES

Today Afternoon clouds. 15 C / 1 C
Friday Sprinkles late. 17 C / 3 C
Saturday Sprinkles early. 17 C / 5 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Crossword across

1 Hammerhead part
5 Pina colada ingredient
8 Mosque bigwig
12 Dalai —
13 401(k) alternative
14 Unaltered
15 Elliptical
16 Showbiz job
17 Mothers and daughters
18 Mexico's national flower
20 Big lizard
22 Young newt
23 Apiece
24 Bit of banter
27 Marching along
32 Khan title
33 Actress Vardalos
34 Central point
35 Unsteady
38 Lettuce variety
39 Exist
40 Shock partner
42 Manor
45 At hand
49 Grand story
50 "— Blue?"
52 Home for hippos
53 Unrivaled
54 Skedaddled
55 Part of the loop
56 Use a wooden spoon
57 Architect I.M.
58 Early birds?

Crossword down

1 Nitwit
2 Stromboli spillage
3 Asian nursemaid
4 Billfold
5 Tubular pasta
6 Swiss canton
7 Creche trio
8 Dispenser
9 Hindu royal
10 Congregational call
11 Small plateau
19 Kipling poem
21 Univ. transcript no.
24 Mandible
25 "I" trouble?
26 Gabriela of tennis fame
28 Diarist Anais
29 "24 Caprices for Solo Violin" composer
30 Fix the soundtrack
31 Recede
36 Tonic
37 Allow
38 Cap with a propeller
41 Lindbergh book
42 Morays
43 Location
44 O.K. Corral hero
46 Phone call?
47 Online journal
48 Longings
51 West of Hollywood

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	1			8		9	7	
	9			6	3		4	
	6	2	9			1		
2	4			1				
1	7		2		5		6	9
				4			1	3
		5			7	6	2	
	8		3	2			9	
	2	1		5			8	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

1	7	2	6	3	8	4	5	9
8	9	3	4	5	7	6	1	2
4	5	6	2	9	1	3	7	8
6	3	7	9	1	4	8	2	5
5	1	8	3	6	2	9	4	7
9	2	4	8	7	5	1	3	6
3	8	1	7	2	9	5	6	4
7	4	5	1	8	6	2	9	3
2	6	9	5	4	3	7	8	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Fish Steaks Teriyaki

INGREDIENTS:
4 fresh or frozen and thawed halibut steaks
1/4 cup (50 ml) water
1/4 cup (50 ml low-sodium soy sauce
1/4 cup (50 ml) dry sherry or low-sodium chicken broth
1 tbsp (15 ml) sugar
2 tsp (10 ml) dry mustard
1 tsp (5 ml) ground ginger
3 cloves garlic, minced

METHOD:
1. Rinse fish and pat dry. For marinade: In jar with tight-fitting lid, combine water, soy sauce, dry sherry, sugar, mustard, ginger and garlic. Cover; shake well. Pour marinade into large heavy-duty plastic bag. Add fish. Close bag. Refrigerate 2 to 3 hours, turning bag occasionally. 2. Preheat broiler. Drain fish, reserving marinade. Arrange fish on lightly greased rack of broiler pan. Brush fish with reserved marinade. Broil 5 in. (13 cm) from heat 5 minutes. Using wide spatula, carefully turn fish over. Brush with reserved marinade. Broil 5 to 7 minutes more or until fish flakes when tested with fork.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Today's Mercury-Uranus link will encourage you to be inventive, but with Jupiter strong in your chart you mustn't get carried away with your brilliance.

TAURUS ♉
APRIL 21-MAY 21
If you stay calm and look for ways to turn unexpected events to your advantage, you will do well today.

GEMINI ♊
MAY 22-JUNE 21
Today something will knock you out of your stride. But it will also open your mind to new possibilities which could lead to a more interesting path.

CANCER ♋
JUNE 22-JULY 22
If you say or do something that betrays your negative feelings towards certain individuals, they will take it as a declaration of war — so be nice.

LEO ♌
JULY 23-AUG 23
Avoid making value judgments about family and friends today; you're likely to be wrong, and you'll encourage others to make judgments about you.

VIRGO ♍
AUG 24-SEPT 22
Someone in a position of power will make you an interesting offer but unless you're sure it's right one for you, it might be best not to commit yourself.

LIBRA ♎
SEPT 23-OCT 23
Don't wait to be offered something that you can take for yourself. At this time of year, you can be a bit more forceful in your dealings with others.

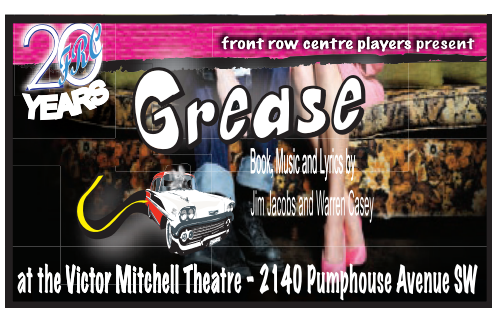
SCORPIO ♏
OCT 24-NOV 22
Everything will work out for the best, even if a friend suggests that someone has turned against you. Does it matter? No it does not, so quit worrying.

SAGITTARIUS ♐
NOV 23-DEC 21
You'll be in a rebellious mood in the next 24 hours. There's no reason you should follow rules, but there's also no reason others should play fair with you.

CAPRICORN ♑
DEC 22-JAN 20
You may be a bit apprehensive at the moment but the planets indicate that if you go with the flow and trust your instincts, nothing bad will happen today.

AQUARIUS ♒
JAN 21-FEB 18
The Sun in Gemini at this time of year makes you even more adventurous than you normally are. Your can-do attitude will take you far.

PISCES ♓
FEB 19-MARCH 20
What you hear by way of gossip will intrigue you today but with Mercury still moving retrograde, you'd be wise to take it with a large pinch of salt.



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